

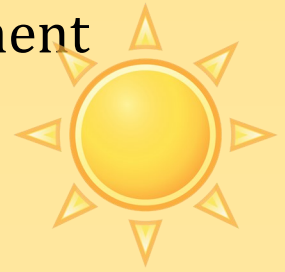


**Public Health**  
Prevent. Promote. Protect.

**Fond du Lac County  
Health Department**

# Fond du Lac County Health Department

Mission: Fond du Lac County Health Department prevents disease, protects the community, and promotes healthy living for all.



## What's in the News?

### Immunization Clinics: Appointments now Available!

Residents now have the ability to schedule an appointment for immunization clinics held at the Health Department. In the past, all immunizations were given on a walk-in basis. Presently, clients with appointments will be seen on schedule, any walk-in clients will be seen as soon as a staff member is available.

Having appointments scheduled in advance for our immunization clinics means we can anticipate your family's needs and keep wait times to a minimum. If a patient has moved here from another state or country, there may be several documents to obtain and review, so that necessary vaccines are given without repeating doses given elsewhere. Staffing and vaccine supplies can also be adjusted in advance, based on the number of appointments scheduled and the types of vaccines needed.

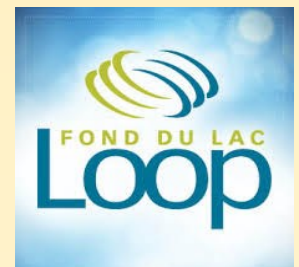
Immunization clinics are held the second Monday of every month, from 3-5 pm at the Health Department. The Health Department offers a wide variety of vaccines for children and adults; a complete listing is available on their website, [www.fdlco.wi.gov](http://www.fdlco.wi.gov). To schedule an appointment, or learn more about available vaccines, call us at (920) 929-3085.

### Women, Infants, and Children (WIC)



\*Please help us welcome Marla Mulcahy, our new Nutrition Educator and Breastfeeding Peer Coordinator to the FDL County WIC staff. She's a recent graduate of Viterbo University in La Crosse and is looking forward to working with WIC families!

\*Summer's finally here and it's time to enjoy the outdoors. If you're looking for a safe, healthy, and enjoyable place to walk, rollerblade, run, or bike, the 'Fond du Lac LOOP' is your answer. The Loop is a set of 7 trails that create a 15.4 mile loop around our city that can be tried all at once or enjoyed in smaller bits. The trails offer a chance to take in nature & explore our beautiful city. For more information stop by WIC.



July — Sept 2016

Issue 7



## WIC cont...

This quarter WIC is promoting the Farmer's Market benefits; these benefits can be used until October 31<sup>st</sup> to purchase fresh fruits and vegetables. For 2016, there are 14 different market stands that accept WIC Farmers Market benefits.



## Maternal Child Health News

Summer brings warm, beautiful weather and unfortunately the pesky mosquito. The MCH Department would like to share some invaluable information about Zika virus and pregnancy.

Zika virus is spread by infected mosquitos. Fever, rash, joint pain, and conjunctivitis (reddened eyes) are the most common symptoms, however many people experience only mild symptoms and do not realize they are infected with Zika virus. Unfortunately, Zika virus infection is also linked to serious birth defects including microcephaly during pregnancy. This makes it important for pregnant women and their partners and/or women trying to achieve pregnancy to take necessary precautions.

### If you are pregnant:

- Avoid traveling to Zika affected areas. Check out [cdc.gov/zika](http://cdc.gov/zika) for more information regarding geographic areas with Zika. If you must travel, talk with your provider, and be diligent in your efforts to prevent being exposed to mosquitoes.
- Until more is known, pregnant women with male sex partners who have lived in or traveled to an area with Zika virus should either use a condom every time they have sex or not have sex during the pregnancy.
- Women trying to get pregnant and their male partners should talk to their doctor or other healthcare provider before traveling to areas with Zika. Because sexual transmission is possible, both men and women should strictly follow steps to prevent mosquito bites during the trip.



### Sports Drinks, Energy Drinks and Your Teeth

A common misconception is that energy drinks and sports drinks are a healthy choice. These drinks are especially popular among teens and young adults. Unfortunately, they damage tooth enamel, increasing decay.

With every sip of our sports drink we are feeding the bacteria in our mouths. These drinks contain sugar and acid for flavoring. As our mouth becomes



more acidic, our tooth enamel dissolves. Keep this up and small demineralized white patches will develop on our teeth. Eventually these patches become decay, needing repair from our favorite dentist.

So why don't we constantly get holes in our teeth? We have our own built in super hero – saliva. Saliva returns the lost minerals to our teeth following an acid attack. But it can only do so much.

### Do we need sports drinks?

If you are training for less than 1-1.5 hours, NO!

Swap out the sports drink for water and you will be doing yourself a huge favor. If you feel you must have flavored water then sit down, drink it and then move on. Don't wander around sipping- you are constantly exposing yourself to increased acid levels.

### Ways to protect your teeth while training:

1. Drink and eat as instructed during the training session.
2. Finish with a drink of plain water to rehydrate quickly. Consider chewing sugar free gum to stimulate saliva flow.
3. If you need to eat after training consider having a dairy product, in particular some cheese to help prevent tooth decay.
4. Avoid brushing immediately after exercising, the enamel is softer after an acid attack and brushing can remove small amounts of the softened enamel.
5. Ensure you are brushing and flossing regularly- 2 times a day.
6. Have regular dental check-ups.

Sports drinks are not necessary in our daily life – we survived without them! Remember to care for your teeth and keep your smile happy!

### Meet our Summer 2016 Interns!

I am Chelsea Smies and I grew up in Sheboygan Falls, Wisconsin. I am currently attending UW Oshkosh, and I am intending to graduate next year with my bachelors in Environmental Health. This summer I am working on many different projects, but my main focus is on lead education, restaurant inspections, and well water testing.

My name is Taylor Fischer and I will be a senior this coming fall at the University of Wisconsin La Crosse. I will be graduating next spring with a degree in Biology and hopes of pursuing a masters in Medical Dosimetry. This summer in the health department I am working on radon education, tobacco awareness, well water testing and many other side projects.



## Tobacco News

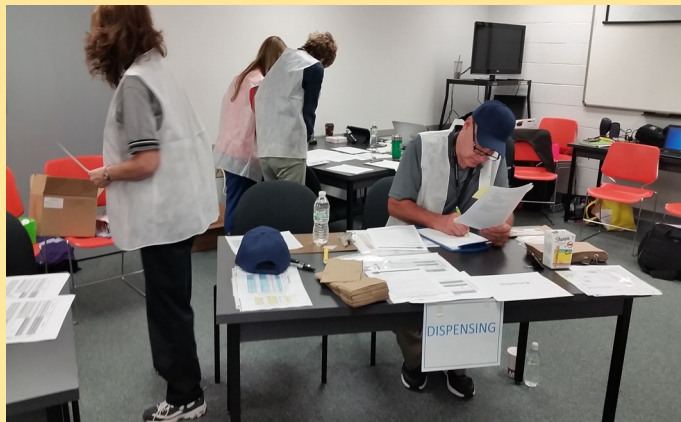
On May 5<sup>th</sup>, 2016 the FDA announced a rule to extend authority over previously unregulated tobacco products including: little cigars, cigars, e-cigarettes, hookah, pipe tobacco, and other tobacco products. The rule states: within 90 days there will be a prohibition on free sampling with the exception of smokeless tobacco which is allowed in adult-only facilities. Within 2 years all previously unregulated tobacco products must be submitted to the FDA for review and require warning labels on all products. The rule does not include flavor restrictions. In 2015 the Monitoring the Future Study discovered that a third of U.S. youth tried e-cigarettes because they taste good. The 2014 Wisconsin Youth Tobacco Survey determined that smokeless tobacco use among high school students increased 67% between 2012 and 2014. The rule will not require newly deemed products to be located behind the counter. This means tobacco products other than cigarettes and smokeless tobacco can be located next to youth friendly items such as chips, cereal, and candy. Below is a table depicting what the deeming rule will cover. If you have any questions about local tobacco prevention and control efforts please contact Sandy Bernier Tobacco Control Program Coordinator at 920-906-5537. For more information on the FDA rules visit: <http://www.fda.gov/NewsEvents/Newsroom/>

Final Deeming Regulation Provisions				
	Cigarettes	Smokeless tobacco	Cigars	E-cigarettes and Others
Minimum sales age of 18 and age verification under 27	✓	✓	✓	✓
Prohibition on vending machine sales	Allowed in adults-only facilities	Allowed in adults-only facilities	Allowed in adults-only facilities	Allowed in adults-only facilities
Prohibition on self-service displays	Allowed in adults-only facilities	Allowed in adults-only facilities		
Minimum package size requirements	✓			
Prohibition on breaking packages by retailers( e.g., sales of loosies)	✓	✓		
Prohibition on free samples	✓	Allowed in qualified adults-only facilities	✓	✓
Prohibition on characterizing flavors	Menthol and tobacco allowed			
Mandatory warning labels on packages and advertisements	9 Rotating warnings	4 Rotating warnings	6 Rotating warnings	1 Static warning
Prohibition on brand names on non-tobacco products and brand name sponsorship of sporting and cultural events	✓	✓		
Required notice of advertising in any non-traditional medium	✓	✓		



## Emergency Preparedness

On June 14, 2016 the Health Department participated in the Southeast Regional BAT-16 Exercise. BAT stands for Bacillus Anthracis Threat. We exercised (practiced) our Points of Dispensing (POD) Plan that is used to get medication to the public quickly in the event of an anthrax release in our community.



If there would be an anthrax release in Fond du Lac County you would be notified via radio, TV and printed materials as to where and how you will get your medication.



## Environmental News

The summer months call for enjoying the sunshine and cookouts! If you're planning a cookout or picnic, be sure to keep hot foods hot and cold foods cold. Get more food safety tips [here](#)!

## Public Health Nursing

### Coming to a School Near You: Seasonal Influenza Clinics

For the seventh year in a row, the Health Department will be offering seasonal influenza vaccine free of charge at all schools located in Fond du Lac County this fall. Planning activities are currently underway; dates and times of visits to specific school settings will be posted to our website, distributed to parents thru the involved schools, and in many cases, posted to the school's website as well. Children who reside in Fond du Lac County, but attend a school in an adjoining county are also eligible for the vaccine. Watch for more details in the next newsletter, as well as information sent out by your child's school.